Parents Letter

Dear Parent,

Today your child listened to the story *Spaghetti in a Hot Dog Bun: Having the courage to be who you are* by Maria Dismondy. If you would like to read this story at home, you can find an online reading at: https://www.youtube.com/watch?v=3cXWrUJIOK8. This charming story empowers children to always do the right thing and be proud of themselves, even when they are faced with a difficult situation. After the story, your child discussed what makes them special and created a self-portrait to portray themselves as they are.

It is very empowering for a child to create positive beliefs in themselves. When a child is empowered they will feel capable and confident. A child who sees their own value is not only more likely to overcome difficult situations, but to also help others. One way to create these beliefs are through positive words and affirmations. Affirmations teach us positive self-talk, confidence and to speak to ourselves with kindness.

Working together on affirmations as a family can promote growth and build positive relationships. As a family create your own positive affirmations. Turn your affirmations into positive thought cards to server as a reminder! Tips on how to create positive thought cards and examples of affirmations can

l listen to mu I make friends easilu. I am I have a beautiful imagination. I am persistent. I am confident. I understand com-I am helpful. I am caring. plex problems I am friendly. I find creative soluquickly. Every problem has tions to my prob-I always find ways to an answer. lems. overcome challenges I am kind. I am compassionate. I can do it. I am than I am open to new I get along well with and exciting possibil-I am courageous. others. ities I enjoy testing new I am intelligent. I make friends easily. ideas. I learn from my mis-I am growing up well. I have happy takes. I give freely. thoughts. I act responsibly. I am a good friend. I am forgiving. I am calm. I am strong, inside I am patient. Every day brings and out. I reach my goals. new opportunities. I keep my body Problems are chal-I accept and love healthy. lenges to better me. myself. I enjoy healthy food. I get better and betl am relaxed. I am ready to seize ter every day. I have faith in myself. the opportunities of I discover the beauty I am brave. the day. in everything. I have trust in myself. I have positive I care about others I am generous. I feel joy in every thoughts. I am loving. corner of my body. I am in charge of mu I am kind to all. I work hard Whatever I do, I give life. my best. Life is good. All is well. I trust in my abilities. I am cheerful. My family and I solve problems. I am important. friends love me. I have lots of energy. I am peaceful. I enjoy learning. I embrace change. I am thankful for who I have good friends.

be found at: http://www.planetofsuccess.com/blog/2015/powerfully-positive-affirmations-for-kids/.

For more information regarding positive affirmations and tips on how to introduce them to your child visit: https://www.totsandmoms.com/empowering-kids-by-using-positive-affirmation/.